



# NAVSUP INITIATIVES FOR HEALTH & READINESS

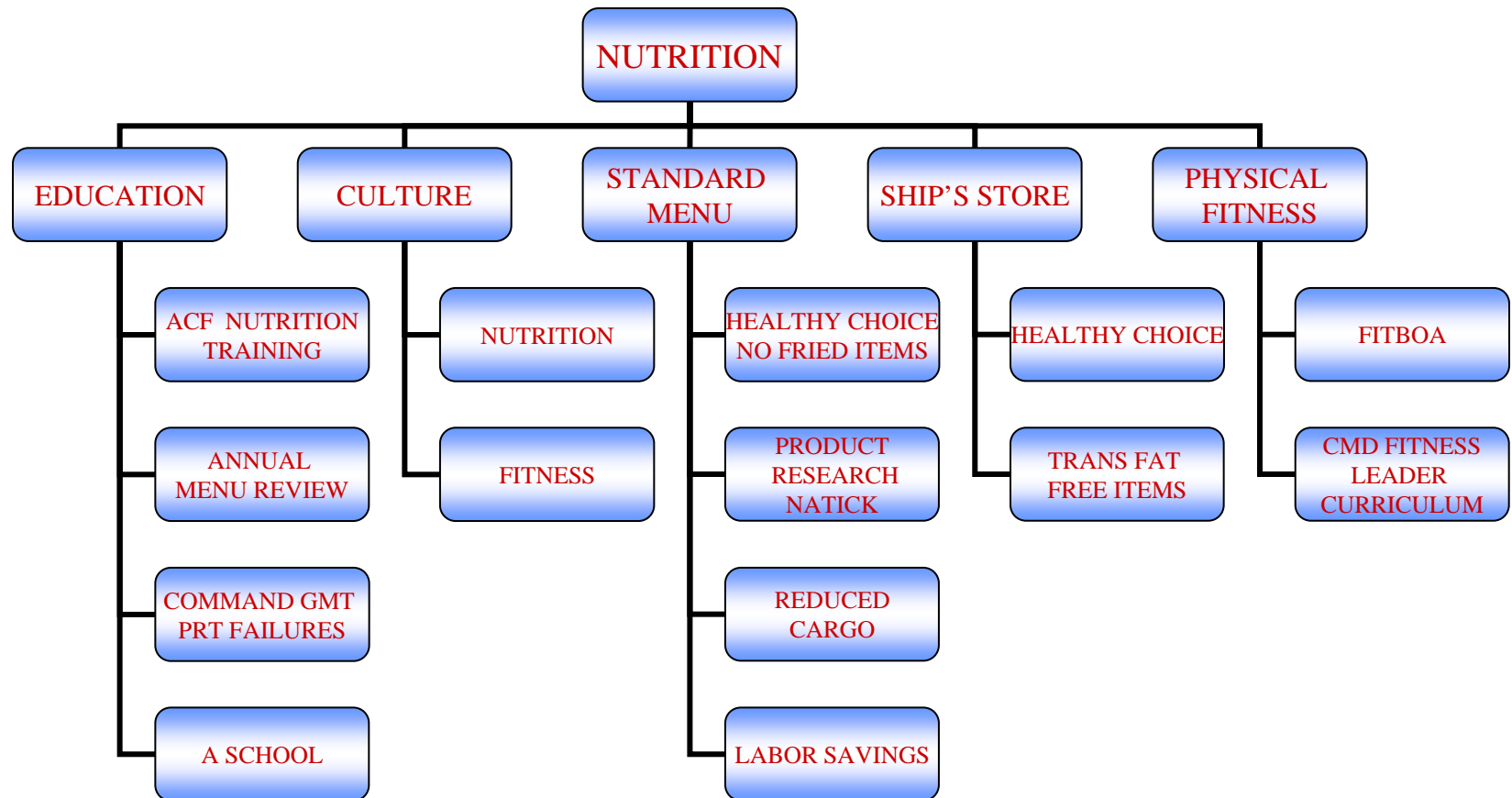


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***Ready. Resourceful. Responsive!***

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# ASHORE/AFLOAT HEALTHY ENVIRONMENT



# NUTRITION INITIATIVES

- **Education**

- American Culinary Federation (ACF) training in fleet sites

- Annual menu review per P-486 guidelines

- General Military Training (GMT) for Fitness Enhancement Program (FEP) participants

- NKO – Nutrition ppts w/ exams for NEY contenders

- **Navy Standard Core Menu (NSCM)**

- Cost – BDFA

- Logistics- Reduce cargo

- Nutrition- Healthy non-fried choices, Product research with Natick

- Man Power - Labor saving production and galley

- Endurance – Freezer vs. chill vs. dry storage space

- Waste - Plastic

# **NAVY STANDARD CORE MENU (NSCM) HISTORY**

- **Established Partnership... CFFC, NAVSUP/NFS, Natick Labs, DSCP**
  - CFFC visited NAVSUP Nov 2004
  - DODD 3235.2 dtd May 2004... Secretary of Army EA for R&E
- **Conducted Data Analysis**
  - Reviewed 160+ afloat Navy menus
  - Natick conducted industry product demos... sensory analysis
  - Recipes revised to match advanced components
  - NSCM load list created and 7330 updated
- **Applied Spiral Development Approach**
  - Laboratory testing conducted at Natick
  - Prototyped... USS NITZE (DDG 94) – V1
  - Prototyped... USS HALSEY (DDG 97) – V2
  - Version 3 available October 2006
  - Version 3.5 available October 2007
  - Version 4 under development

# **MENU RECIPE CONTENT BY SHIP CLASS**

- **Core Menu... “the standard”**
  - Equally represents all pieces of the puzzle
  - Advanced foods... Scratch, Speed scratch
  - CG, DDG, FF, LCC, LSD, LPD
- **Submarine Menu... “traditional”**
  - More cook from scratch... less advanced foods
  - SSBN, SSN, HSV
- **LCS Menu... “achieving the right balance”**
  - Unique requirements... labor vs. storage
  - LCS, MCM, MHC
- **Carrier Menu... “greater flexibility”**
  - Part of a bigger plan
  - AIRFOR lead... NAVSUP Chef engaged
  - Increased advanced foods... multiple speed lines
  - CV, CVN, LHA, LHD, AS
- **Ashore Menu... “under development...”**

# MENU ALLOWS FLEXIBILITY TO SUPPORT ENDURANCE

- **Heat & Serve, Speed Scratch and Scratch Cooking principles**



Frozen Heat& Serve

\$33



Prepared Mixes

\$14



Scratch Ingredients

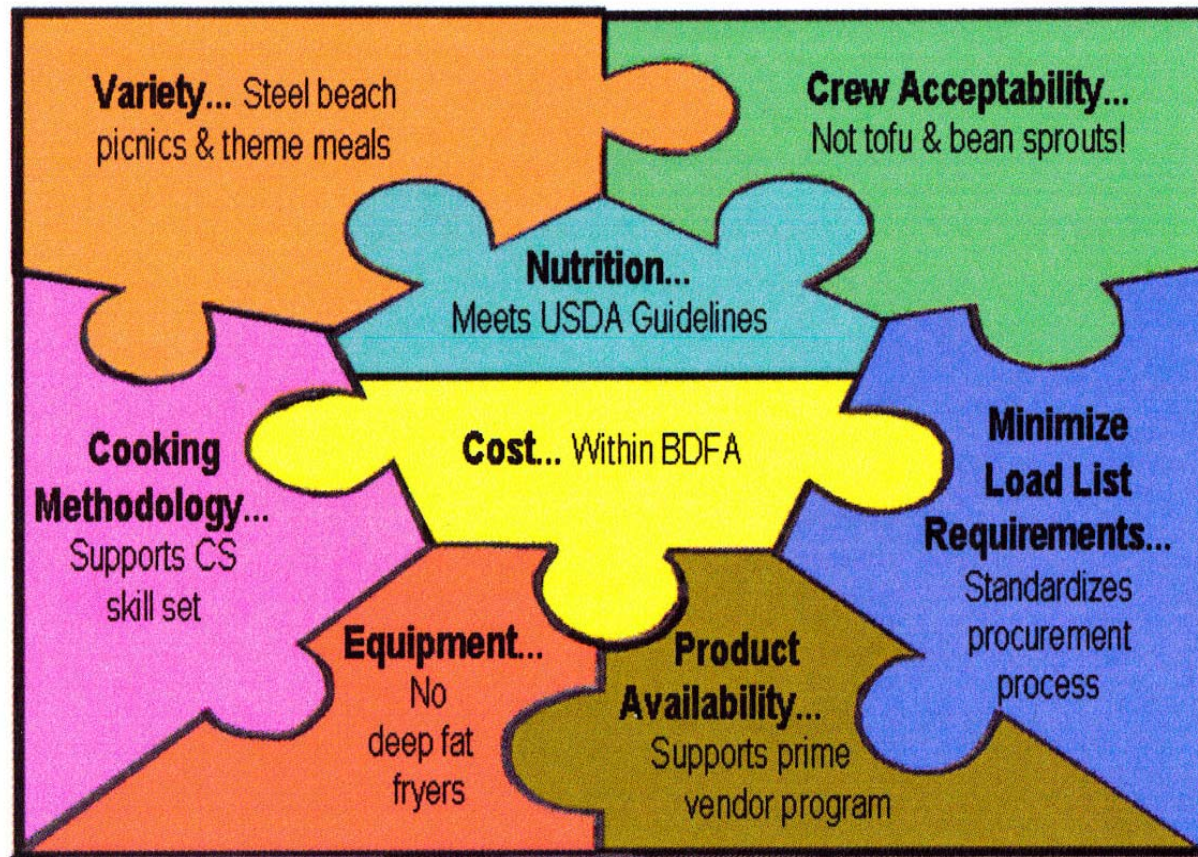
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**Food Service Facility Design Criteria Est. 1964**

**Dry 90 days Chill 30 days / Freeze 60 days**



# PUZZLE PIECES FOR NSCM





# NATICK LABS RESEARCH



# ITEMS ON THE NSCM

## *French Fries*

Lamb Weston	<b>X14</b>	Generation 7 Concertina Cut, ½ French fry	8915-01-E59-3418
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## *Potatoes*

McCain	<b>O1F00215</b>	Versitots, Tatertots	8915-01-E09-9452
McCain	<b>MCF03725</b>	Harvest Splendor Sweet Potato Fries	8915-01-E60-7220

## *Seafood*

Trident	<b>400209</b>	Battered Butterflied Shrimp	8905-01-E60-7786
Rich Sea Pak	<b>43801</b>	Oven Crunchy Butterfly Shrimp	8905-01-E60-5150
Mrs. Fridays	<b>73550</b>	Oven Ready Crab Cakes	8905-01-E09-4396

## *Vegetables*

McCain	<b>40003495</b>	Moore's Bakeable Breaded Onion Rings	8915-01-E59-8957
McCain	<b>50010145</b>	Anchor Battered Cauliflower	8915-01-E09-8314

## *Chicken*

Pierce	<b>SC115</b>	Super Chik'N, Fried Chicken	8905-01-E59-5537
Perdue	<b>80946</b>	Battered Crunchy Style Precooked Chicken	8905-01-E60-2467

# MCDONALDS VS. LAMB WESTON

<b>Nutrition Information</b>	<b>McDonald's Small French fries</b>	<b>Lamb Weston Generation 7 Fries</b>
Portion Size	2.6 oz	2.6 oz
Calories	250	147
Total fat, grams	13	5.2
Saturated Fat, grams	3.5	0
Trans Fat, grams	3.5	0



# VARIETY WITHIN (NSCM)

- 84 different entrees
- 42 different soups
- Theme meals
- 41 item salad bar
- Wednesday Lunch – Burgers
- Saturday Dinner – Pizza
- Sunday Lunch/Dinner - Seafood
- Breakfast sandwiches
- Protein salads (beans/animal protein)
- Portion Size through DSCP product specification
- Refresh annually



# HEALTHIER INGREDIENTS

- Low fat dairy items
- Regular and low fat salad dressing
- Low fat cake mix
- Baked chips
- Ovenable vegetables vs. fried
- Working to eliminate sodas





# BENEFITS OF NSCM

- Written by team of NAVSUP RD, Chef, retired NAVY with total of 80 years culinary experience, Natick Lab scientists, and Fleet input
- Guaranteed nutritional focus, healthier ingredients
- Standardized procurement
- Reduced cargo... streamline catalogs to ensure availability and consistency of product
- SIK Account... improved financial management

